



## DETERMINE your Nutritional Health

A simple checklist, based on the acronym DETERMINE has been developed to estimate your nutritional health from the Nutrition Screening Initiative. The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk. <http://www.aafp.org/nsi/e-determ.html> For more details about why these questions help measure nutritional health and tips on how to prevent future problems, click on Strong and Healthy in the upper right hand corner.

Additional information on nutrition & aging can be found at <http://www.fiu.edu/~nutreldr/>.